



Halibut Provencal



Gluten Free



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup celery chopped (3 stalks)
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 cup fennel bulb thinly sliced (1 small bulb)
- ☐ 1 teaspoon garlic minced
- ☐ 24 ounce pacific halibut filets
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion thinly sliced (1 medium)

- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 2 cups tomatoes seeded chopped (3 medium)

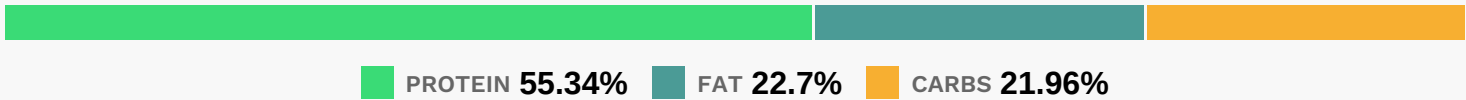
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, fennel, celery, and garlic. Saut 3 minutes or until vegetables are tender.
- ☐ Add wine and next 5 ingredients. Bring to a boil; stir in tomato.
- ☐ Place fish in an 11 x 7-inch baking dish coated with cooking spray. Spoon tomato mixture over fish.
- ☐ Bake, uncovered, at 400 for 15 minutes or until fish flakes easily when tested with a fork.
- ☐ Place fillets on individual plates. Spoon tomato mixture evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:3.08, Inflammation Score:-8, Nutrition Score:25.658260635708%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.14mg,

Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg

Nutrients (% of daily need)

Calories: 264.81kcal (13.24%), Fat: 6.12g (9.41%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 9.91g (3.6%), Sugar: 6.46g (7.18%), Cholesterol: 83.35mg (27.78%), Sodium: 583.61mg (25.37%), Alcohol: 3.09g (100%), Alcohol %: 1.02% (100%), Protein: 33.56g (67.12%), Selenium: 78.27µg (111.82%), Vitamin B3: 11.89mg (59.44%), Vitamin B6: 1.13mg (56.39%), Vitamin D: 7.99µg (53.3%), Phosphorus: 459.75mg (45.98%), Potassium: 1182.42mg (33.78%), Vitamin B12: 1.87µg (31.18%), Vitamin K: 32.35µg (30.81%), Vitamin C: 22.38mg (27.13%), Manganese: 0.38mg (18.8%), Vitamin A: 884.44IU (17.69%), Magnesium: 66.22mg (16.55%), Vitamin E: 2.34mg (15.58%), Folate: 60.24µg (15.06%), Fiber: 3.4g (13.61%), Vitamin B1: 0.16mg (10.64%), Vitamin B5: 0.86mg (8.6%), Iron: 1.38mg (7.66%), Calcium: 75.9mg (7.59%), Copper: 0.14mg (7.15%), Vitamin B2: 0.11mg (6.63%), Zinc: 0.99mg (6.57%)